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WHAT IS CLAIMED IS:

Claim 1. An article of footwear comprising:

an upper;

a bottom assembly including at least one wear sole and at least one element for reinforcing said bottom assembly, said at least one element for reinforcing said bottom assembly including a first reinforcement element, said first reinforcement element extending in a longitudinal direction;

at least one element for reinforcing said upper, said at least one element for reinforcing said upper including a second reinforcement element;

a flexible coupling between at least said first reinforcement element and at least said second reinforcement element, said flexible coupling being flexible at least in a direction transverse to said longitudinal direction.

Claim 2. An article of footwear according to claim 1, wherein:

said flexible coupling comprises a shock-absorbing intermediary sole.

Claim 3. An article of footwear according to claim 2, wherein:

each of said at least one element for reinforcing said bottom assembly and each of said at least one element for reinforcing said upper is assembled to said intermediary sole with adhesive.

Claim 4. An article of footwear according to claim 3, wherein:

said intermediary sole comprises EVA.

Claim 5. An article of footwear according to claim 1, wherein:

said element for reinforcing said upper is also coupled to said upper.

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Claim 6. An article of footwear according to claim 1, wherein:
said element for reinforcing said upper comprises at least one portion extending around an area adapted to surround a rear area of a wearer's foot.

Claim 7. An article of footwear according to claim 5, wherein:
said element for reinforcing said upper comprises a medial arm extending along a medial side of a rear area of a wearer's foot and a lateral arm extending along a lateral side of said rear area of the wearer's foot.

Claim 8. An article of footwear according to claim 7, wherein:
said medial and lateral arms of said element for reinforcing said upper are associated, respectively, with medial and lateral portions, of said element for reinforcing said bottom assembly.

Claim 9. An article of footwear according to claim 8, wherein:
said elements for reinforcing said upper and bottom assembly have mechanical properties of reinforcement of said upper and said bottom assembly that are asymmetrical on said medial and lateral sides, respectively.